

HANDLING STRESS

John 14:27

Jesus: the Prince of Peace (Isaiah 9:6)

Peace as the world's standards is the absence of conflict. Jesus brings and gives peace in the mist of conflicts. It gives confident assurance in any circumstance.

Philippians 4:6-8

Rather than fret and worry or have anxiety control you, make definite requests known to God. The peace God gives us recorded in John 14:27 comes about when we place trust in God knowing He is in control of all things. Paul's final exhortation in verse 8 is to focus and fill our minds with what is true and noble. What we put in our minds determines our words and actions.

Isaiah 41:10

Rather than be stressed...not only turn those situations that cause stress into prayers but rely upon God's promise to always be with us and He will strengthen and help us. The Amplified Bible adds, "harden you to difficulties."

1 Peter 5:7-11

The word "casting" denotes an act once for all; throwing our whole lie with its cares upon Him. When we carry these things ourselves shows we have not trusted God fully. Don't submit to circumstances but submit to God. The enemy is roaming around looking for any opportunity in our life to attack, take over, and devour.

Psalms 46:1-3

Because God is our refuge, He can always be found during stress and trouble if we seek Him. When everything around us is in turmoil, we can run to God just as a child runs to a parent when they are afraid or hurt. He will welcome us and not reject or chastise us because we do so.

Isaiah 26:3-4

The one who keeps his mind fixed on God is the one whom God will keep in perfect peace.

Matthew 11:28-30

The Lord doesn't want any of us to carry our own load. He came to free us from heavy burdens and particularly that bring us stress. Trade your yoke for His. As we do, we will learn from Him and we will find rest not stress. In that word stress, we can see the word rest. It is mixed up in that word and you have to search for it but isn't that what stress does to us (gets rest all messed up)? However, the stress word also adds more to the word rest just as our heavy burdens takes away the rest and adds more to us which turns into a burden of stress.